

# **SUPPORT GROUPS**

## **ALCOHOL ABUSE SUPPORT GROUPS**

Pocono Mountains Area Alcoholics Anonymous – Call (570) 424-8532 for more information.

Allentown, Easton, Bethlehem Area Alcoholics Anonymous - Call (610) 882-0558 for more information.

Alcoholics Anonymous –Meetings at St. Paul's Lutheran Church, Tannersville: Tuesdays at 7:00 P.M., Tuesdays at 8:00 P.M., Fridays at 7:00 P.M. (Men and Women all meetings).

Meetings at Readers Methodist Church, Rt. 715: Thursdays at 12:15, Thursdays at 7:00 P.M.

Pocono Mountain Area AA – Meets Thursdays at Noon and 5:30 P.M. at East Stroudsburg Presbyterian Church, 55 Smith Street in Stroudsburg. At the Call 421-5821 or 424-8532

## **ALLERGY AND ASTHMATICS SUPPORT GROUPS**

Allergy and Asthmatics Support Group – Call (610) 417-8164 for more information.

## **ALZHEIMER'S DISEASE SUPPORT GROUPS**

Alzheimer's Caregiver Support Group – Meets the first Wednesday of each month at 6:30 to 8:00 pm P.M. at the Loder Senior Center in East Stroudsburg. Call Kate (570) 420-3746 for more information.

Caregiver's Support Group – Meets the first Saturday of the month 1:30- 2:30 p.m. at Chestnuthill Manor on Weir Lake Road & Route 115 in Brodheadsville. For more information, call Ann Smith at (570) 992-6050.

Alzheimer's Family Support Group – Meets every third Monday from 6:00 P.M. to 8:00 P.M. at St. Luke's Hospital in Bethlehem. Call (610) 954-4234 for more information.

Alzheimer's Hotline – (800) 272-3900

PMC/Alzheimer's Support Group – Meets every third Tuesday from 5:00 – 6:00 P.M. Sponsored by the Alzheimer's Association. Call (570) 476-3740 for more information.

## **AMPUTEE SUPPORT GROUPS**

Amputee Support Group – Meets the first Tuesday of each month 2-4 p.m. in Rehab Conference Room at Easton Hospital. Call (610) 250-4232 for more information.

Amputee Support Group – Meets the second Saturday of each month starting July 10, 2010. Group will meet at the Pocono Medical Center in the Stroud Conference Room. Call 570-588-3027 – Amy S. Riben for more information.

## **ARTHRITIS SUPPORT GROUPS**

Arthritis Club of Monroe County – Meets from 11:30 A.M. to 12:30 P.M. at the Pocono Family Y.M.C.A. in Stroudsburg. Call (570) 421-2525 for dates and information.

Arthritis Foundation of Monroe County – (610) 776-6632.

## **ASSAULT SUPPORT GROUPS**

Adult Incest Survivors and Adult Rape Survivors Crime Victims Council

801 Hamilton St. Allentown, PA 18101

610-437-6610 (Allentown), 610-250- 6313 (Easton)

Email: cvclv@enter.ent

Support for survivors of adult incest and rape.

SAFE HAVEN INC. Domestic and Sexual Abuse Crises Intervention Center

This is strictly confidential. Call (570) 296-4357 for more information.

[safehavenofpikecounty.org](http://safehavenofpikecounty.org)

## **BEREAVEMENT SUPPORT GROUPS**

Monroe County VNA Hospice Bereavement Support Group – Meets first & third Wednesday at 12:00 P.M. at the Monroe County Office of the VNA Hospice, Route 447, East Stroudsburg. Call (570) 421-5390 for more information.

Compassionate Friends(Support in Death of a Child)- Meets 2nd Thursday of each month at Our Lady of Victory Church in Tannersville from 7:00 pm to 9:00 pm.

Ryan's Tree (for grieving children ages 5-18 yrs old. Offers on-going Bereavement workshops and summer camps. Group meets in Lehigh or Northampton County sites. Contact Erin at 484-241-8043

Bereavement Support Group – Meets Monday evenings 5-7 p.m. at Easton St. John's Lutheran Church, Merwinsburg Road, Effort, Palmer Township. Call (570) 629-4309 for more information.

Good Grief Support Group – Meets at St. Paul's Lutheran Church, Fish Hill Road, Tannersville. Meets the second and fourth Thursday of each month at 7:00 P.M. Call (570) 629-1992 for more information.

Grief Share – Meets Sundays at 3:30 P.M. at Mt. Eaton Church in Saylorsburg. Call (570) 992-7050.

Allentown, Easton, and Lehigh Areas Compassionate Friends (for Death of Children) – Call Dawn De Long at (610) 820-4004 for more information.

Compassionate Care Hospice Bereavement Support Group – meets at Zion United Church of Christ, 14 North Eighth Street, Stroudsburg on the 3<sup>rd</sup> Wednesday of the month at 6:30 P.M. For more information contact Anita or Maria 570-346-2241.

Newton Memorial Hospital Chaplain Department and The Karen Ann Quinlan Center of Hope Hospice Bereavement Support Group (for the Death of a Friend or Loved One) – Call (908) 852-8730 or (800) 882-1117 for more information.

### **BIPOLAR DISORDER SUPPORT GROUPS**

VNA Hospice Bipolar Disorder Support Group – Meets the first and third Wednesdays of each month from 7:00-9:00 P.M. in the Stroud Room at Pocono Medical Center. Call (570) 421-4000 and ask for Behavioral Health Unit.

### **BLIND AND VISUALLY IMPAIRED SUPPORT GROUPS**

Blind and Visually Impaired Services and Counseling – Located at 300 G Laird Street in Wilks Barre of each month from 5:00 P.M. to 7:00 P.M. Call (570) 826-2361 (TDD (570) 826-2361) for more information.

Blind and Visually Impaired of Lehigh County – Call (610) 433-6018 for more information.

### **BRAIN TUMOR SUPPORT GROUPS**

Brain Tumor Support Group – Call (610) 776-2566 for more information.

### **CANCER SUPPORT GROUPS**

Breast Cancer Support Group of the American Cancer Society – Meets the first Thursday of each month at 7:00 P.M. in the Stroud Room at Pocono Medical Center. Call ACS at (800) 227-2345 for more information.

Breast Cancer Support Group – Meets 4<sup>th</sup> Tuesday of each month 7-8:30 p.m. in the Rehab Conference Room at Easton Hospital, 20<sup>th</sup> Street entrance. Call (610) 250-4027 for more information.

Prostate Cancer Support Group – Meets third Thursday of every month at 7:00 P.M. at the Hughes Cancer Center in East Stroudsburg. Call (570) 420-742 for more information.

Prostate Cancer Support Group – Meets the first Tuesday of each month 7:00-8:30 P.M. at St. Luke's Radiation Oncology Waiting Room. Call (610) 954-3580 for more information.

Cancer Survivor Support Group – Meets 2<sup>nd</sup> Tuesday of the month 1:30-2:30 p.m. 3W Solarium at Easton Hospital. Call (610) 250-4027 for more information.

Hughes Cancer Support Group- meets on Wednesday every week at 10:30. Please call 476-3488 for more information.

### **DEAFNESS AND HARD OF HEARING SUPPORT GROUPS**

PENNSYLVANIA SOCIETY FOR THE ADVANCEMENT OF THE DEAF, INC  
3028 W Liberty Street, Allentown, PA 18104-4713  
TTY: 610-435-6123 Fax: 610-432-7107  
Email: [ncboyer@ptd.net](mailto:ncboyer@ptd.net) Internet: [WWW.PSADWEB.ORG](http://WWW.PSADWEB.ORG)

## **DIABETES SUPPORT GROUPS**

Monroe County Diabetes Society – Meets the fourth Monday of the month at 7 p.m. at the VNA/Hospice. Call (570) 476-6237 for more information.

Diabetes Support Group – Meets the first Wednesday of each month 6-8 p.m. in the Easton Hospital Rehabilitation Conference Room. Call (610) 250-4458 for more information.

Diabetes Support – St. Lukes Hospital in Bethlehem campus Call (610) 954-3025 for more information.

## **DIVORCE CARE**

Divorce Care – Meets Sundays at the Mt. Eaton Church in Saylorsburg. Call (570) 992-7050.

## **DOWNS SYNDROME SUPPORT GROUPS**

Pocono Parents – Meets the last Thursday of each month at DES in Stroudsburg. Call (570) 992-4886 for more information.

## **EATING DISORDER SUPPORT GROUPS**

Food Addicts in Recovery Anonymous – Offering a solution for people finding recovery from food addiction in all forms, including obesity, anorexia, bulimia, and food obsessions. Meets every Wednesday 7:00-8:30 P.M. meeting rooms vary, second floor at Pocono Medical Center. For more information call (570) 421-4000. No dues, fees, or weigh-ins.

## **FAMILY AND COUNSELING SERVICES**

Family Council Meeting – At Stroud Manor. Last Saturday of the month at 12:00. Call Kim or Jessica at (570) 421-6200 at ext.17

Family Answers – Call (610) 435-9651 for more information.

Family Caregiver Support Group – Meets 4<sup>th</sup> Wednesday every other month from 7:00 – 9:00 PM at the Palmerton Hospital Community Services Center, 217 Franklin Ave., Palmerton. Call (610) 826-1160 for more information.

The Well Spouse Foundation – Provides emotional support for people married to someone with a chronic illness. National number 1-800-838-0879.

## **FIBROMYALGIA SUPPORT GROUPS**

New Greater Scranton, PA Area Support Group for Fibromyalgia

Support Group Website Linda@aol.com Name: Linda Lohrey

Email: Linda@aol.com-- Phone Number: 570-885-0141

Group Meeting Location 615 Jefferson Ave, Lupus Foundation Scranton Meeting Day(s) - 3rd Wednesday of each month Start time - 6 pm/ end time - 7 pm

## **HEAD INJURY SUPPORT GROUP**

Head Injury Support Group – Meets the 2<sup>nd</sup> & 4<sup>th</sup> Sundays of each month from 3pm-5pm at St. John's Lutheran Church, Merwinsburg Road, Effort. Call Jo Ann at 570-629-4309 for more information. Head injuries may be the result of motor vehicle accidents, strokes, Parkinson's, domestic violence, or other illnesses.

## **HEPATITIS SUPPORT GROUPS**

NEPATSG Hepatitis C Support Group – Meets the first Monday of each month at 6:00-8:00 P.M. in the Brodhead Room at Pocono Medical Center. Call Howard (570) 223-2833 for more information.

## **LUPUS SUPPORT GROUPS**

Lupus Foundation of America – Call (800) 558-0121 for more information (Spanish (800) 558-0231). [www.lupus.org](http://www.lupus.org)

Support Group – Call 888-99-LUPUS for information on date and time. Meets in the Brodhead Room at Pocono Medical Center.

## **MENTAL HEALTH/MENTAL RETARDATION SUPPORT GROUPS**

Carbon/Monroe/Pike Mental Health/Mental Retardation Program – Call (570) 421-2901 for more information.

National Alliance for the Mentally Ill (NAMI) – First and Third Wednesday of every month 7:00-9:00 P.M. at Brodhead Rm. at Pocono Medical Center. Call Eileen at 620-1865 or 856-4958 for more information.

## **MULTIPLE SCLEROSIS SUPPORT GROUPS**

Greater Delaware Valley Multiple Sclerosis Chapter  
1 Reed Street, Suite 200, Philadelphia, PA 19147  
Phone: (215) 271-1500 or (800) 445-2453  
E-mail: [pae@nmss.org](mailto:pae@nmss.org)  
Web: <http://www.nationalmssociety.org/pae/home/>

Good Shepherd Rehabilitation Hospital MS Wellness Prog. and MS Day Hospital  
820 S. Fifth Street, Allentown PA 18103 Call 610-778-9303

## **MUSCULAR DYSTROPHY SUPPORT GROUPS**

Muscular Dystrophy Association Support Group of the Lehigh Valley - Meets the third Monday of each month at 7:00 P.M. at the Good Shepherd Home in Allentown. Call (610) 391-1979 to confirm meetings.

## **NICOTINE SUPPORT GROUP**

Meets every Wednesday at 6:00 at the Zion Church in Stroudsburg and Saturday at 6:30 p.m. at Christ Episcopal Church in Stroudsburg. Call Sammy (570) 402-0505 for more information.

## **NARCOTICS ANONYMOUS**

Narcotics Anonymous- Helpline (570) 421-6618. Tuesday: open meeting 12:00 P.M. East Stroudsburg United Methodist Church, 83 Courtland St., Sunday: 3:30 P.M. at Salvation Army, East Stroudsburg.

## **OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUPS**

Obsessive/Compulsive Disorder Support Group – Meets the second and fourth Wednesdays of each month from 7:00 P.M. to 8:00 P.M. at Pocono Medical Center. Call Bonnie at (570) 476-3708 for more information.

## **PARKINSON'S DISEASE SUPPORT GROUPS**

Pocono Support Group – Meets at the Loder Senior Center, 62 Analomink Street, East Stroudsburg at 2:00 P.M – 3<sup>rd</sup> Wednesday of each month. Contact Kate Koehler at (570) 420-3746.

Easton Hospital Parkinson's Support Group – Meets the second Tuesday of each month at 1:00 P.M. in the Rehabilitation Conference Room. Call the Social Services Department at (610) 250-4000 for more information.

Lehigh Valley Area Parkinson's Support Group – Call (484) 884-2200 for more information.

## **SJOGREN'S SYNDROME SUPPORT GROUPS**

Sjogren's Syndrome Support Group – Contact Babette Morgan, 1513 Madison Avenue, Scranton, PA 18509 for more information.

## **STROKE SUPPORT GROUPS**

Easton Hospital Stroke Support Group – Meets the second Monday of each month 7-8 P.M. in the Rehabilitation Conference Room. Call (610) 250-4240 for more information.

Stroke Support Group – Meets on 2<sup>nd</sup> Wednesday from 12:00 P.M. to 1:00 P.M. on the first floor at Good Shepherd Health and Technology Center. Call (610) 776-8233 for more information.

## **TRANSPLANT SUPPORT GROUPS**

Transplant Support Group - Meets the second Tuesday of each month at 7:00-9:00 P.M. in the Brodhead Room at Pocono Medical Center. Call Howard at (570) 223-2833 for more information.

## **VISION LOSS AND SUPPORT GROUP**

Services provided by The Monroe County Council of the Blind offers 24/7/365 support. Call the support line, leave a message and receive a call back within 24 hours. (570) 421-4118.

## **WOMEN'S ISSUES SUPPORT GROUPS**

Women's Issues Support Groups – Call Women's Resources of Monroe County at (570) 421-4200 for more information. Domestic violence must call office first. They meet every week on Thursdays afternoons.

## **POCONO HEALTH SYSTEM**

Visit Pocono Health System on the internet to find additional support groups available. [www.poconohealthsystem.org](http://www.poconohealthsystem.org) and click on *your health calendar*. You can also call Susan Watkins at (570) 476-3629.

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